



NAVAL STATION NORFOLK PLAN OF THE WEEK

Monday, 17 July - Sunday, 23 July 2006



"For the Purpose of Fleet Readiness"

Commanding Officer CAPT L. E. Pyle, Jr.	Executive Officer CAPT W. W. Crow	Command Master Chief CMDM(AW/SW/SCW) S. A. Benning (444-4377)
Command DAPA/FAP/CMEQ AOC(AW/SW) S. Fisher (445-1983)	SAVI RPC(SW/AW) S. E. Ferrantelli (444-7361)	Command Career Counselor NCC(SW) T. D. Jackson (322-2382)
Command Security Manager LT M. L. Hunt (322-2907)	Command Financial Specialist YNC(SW/AW) J. L. Lucas (322-2900)	Bluejacket of the Quarter SN Angela Johnson
Junior Sailor of the Quarter ET2(SW) B. K. Genberg	Senior Sailor of the Quarter MA1(SW) F. L. Reaves	Sailor of the Year MA1(SW) B. K. Daughdrill
Civilian of the Year Mr. John (Jack) Fay	Civilian of the Quarter Mr. Michael L. Johnson	Ombudsman Mrs. Alwilda Granger

Naval Station Norfolk Homepage: <http://www.navstanorva.navy.mil/>

Naval Station Norfolk's Mission Statement: Naval Station Norfolk supports the operational readiness of the U. S. Atlantic Fleet, providing facilities and services to enable mission accomplishment. We are committed to safety, security, and continuous improvement in quality of life and quality of service for our Sailors and families.

All personnel will read the "Plan of the Week" and will be responsible for obeying all applicable orders. Directives appearing herein have the full force of orders issued by the Commanding Officer.

Naval Station Norfolk/Sewells Point Sunrise/Sunset Table

Sunrise: 0559	17 Jul	Sunset: 2023
Sunrise: 0600	18 Jul	Sunset: 2023
Sunrise: 0601	19 Jul	Sunset: 2022
Sunrise: 0601	20 Jul	Sunset: 2021
Sunrise: 0602	21 Jun	Sunset: 2021
Sunrise: 0603	22 Jul	Sunset: 2020
Sunrise: 0604	23 Jul	Sunset: 2019

OFFICERS AND CHIEFS	**Uniform of the Day**	E-6 AND BELOW
Prescribed: Service Dress Whites		Prescribed: Service Dress White
Alternate: Summer White/Service Khaki		Alternate: Summer White

1. IAW BASIC MILITARY REQUIREMENTS, BMR TRIVIA QUESTION:

The square knot is also known by which of the following names? (Answer on last page.)

- a. Granny knot
- b. Seaman's knot
- c. Reef knot
- d. Top knot

2. **EMERGENCY MANAGEMENT - FLOODING.** Flooding may result from either heavy sustained rainfall or storm surge inundation. As the hurricane moves inland, it will be accompanied by a large amount of rainfall over a short period of time. This adds to the previous storm surge flooding and collects outside the normal boundaries of rivers, streams, lakes and canals. Depending upon a storm surge's wave size and ground elevation, water may become trapped. Surge waves create additional associated hazards, such as drowning,

electrocution from fallen power lines; health risk associated with drinking contaminated water; contact with animals driven out of their habitat due to flood waters; and property damage or loss.

3. **SAFETY NOTE - WATERCRAFT.** In 2003 personal watercraft accounted for 1.1 million of the estimated 12.9 million recreational boats in the United States, the Bureau of Transportation Statistics reported 57 personal watercraft fatalities and 1,228 injuries. Statistics in 2004 showed 58 fatalities and 952 injuries. Here are some tips to keep personal watercraft enthusiasts safe:

- a. Know your craft and how it operates.
- b. Keep apprised of local boating laws, navigational marks, and signs.
- c. Use non-skid throw rugs to reduce your chance of slipping on linoleum. Protect yourself by wearing a personal flotation device, eye protection, wetsuit, and gloves.
- d. Never operate a vehicle after using drugs or consuming an alcoholic beverage.
- e. Be sure to stay to the right of other watercraft. Commercial vessels, sailboats, and fishing vessels all have the right-of-way.

For more information, refer to these websites:

<http://www.safetycenter.navy.mil/media/seashore/issues/spring04/morethanjust.htm>, <http://info.insure.com/auto/watercraftsafetytips0103.html>, <http://www.nts.gov/publictn/1998/SS9801.pdf>, http://www.bts.gov/publications/national_transportation_statistics/2005/html/table_02_44.html, <http://www.uscgboating.org/alerts/alertsview.aspx?id=25>.

4. **HOT DOG AND CHILI SALE.** The Petty Officer Association will be having a Hot Dog and Chili sale on Monday, 17 July 2006, 1100, at Port Operations, Bldg. W-313. All proceeds will go toward the purchase of back to school supplies for Coleman Place Elementary.

5. **BAH VERIFICATION.** Naval Station Norfolk will be conducting Basic Allowance for Housing (BAH) verification for all its active duty personnel from 26 June through 21 July 2006. Verification will be conducted 0900-1400, in the Administrative Department conference room, Bldg. N-26. Documents needed to validate BAH claims are as follows:

- a. Certified official marriage license (with raised seal, notarized if not original), official state issued birth certificate (notarized if no raised seal), social security card, divorce decrees, court order and adoption papers.
- b. Must provide at least two (2) items of proof of residence for members collecting BAH with dependents located at other than current Permanent Duty Station (PDS). Items of proof include a current lease, rental or mortgage agreement, current utility bill, or proof of school enrollment (no photocopies) is sufficient.
- c. One (1) form of proof of residence is sufficient for members collecting BAH at current PDS. Items of proof includes a most current lease,

if you have a boat please be safe!

Go down & buy a dog!

Admin is working this

rental or mortgage agreement, current utility bill, or proof of school enrollment (no photocopies) is sufficient.

Verification Schedule:

17-21 July 2006, Stragglers

6. **WORKSHEET SIGNING.** Worksheet signing for the September 2006 Navy wide exam will begin Monday, 17 July 2006 until Friday, 18 August 2006. ESO will be open from 0800-1400. All candidates participating in the Navy wide exam must sign a worksheet during this time frame to be eligible. Ensure candidates bring a copy of their most recent evaluation report. If your command has a candidate that cannot sign a worksheet contact ESO to make other arrangements. PSD Naval Station Norfolk will be testing close to 4,000 candidates for the Navy wide exam and ensuring personnel come to sign the worksheet is paramount.

Make sure you get this done!

7. **FROM THE COMMAND FITNESS LEADER.** Naval Station Norfolk and Regional Port Operations Fitness Enhancement Program will begin on 24 July 2006. All personnel on FEP are required to muster every Monday, Wednesday, & Friday at 0730 with the Command Fitness Leader (CFL) and Assistant Command Fitness Leader (LT Sykes & MAC Roberts) at the parade field across from N-26 and during inclement weather muster in the gym Bldg. N-24. Any member not in FEP desiring to participate is welcome. Regional Port Operations personnel will conduct their own FEP but are required to muster with Naval Station Norfolk on the last Thursday of the month for the monthly mock PRT. If you have any questions please contact LT Sykes at 445-7466 or your Departmental CFL for details.

8. **BAS ENTITLEMENT.** When authorized BAS (COMRATS), all Sailors are required to update their CAC card. This is accomplished by the Sailor presenting the approved chit and their CAC card to the Human Resource Center (HRC) at Naval Station Norfolk PSD, Bldg. A-48. If member cannot remember pin number, he/she is required to see the PSD ID lab for pin reset. BAS request chits will no longer be accepted from PLR's. Entitlements will be started once both the approved request and an updated CAC card are presented.

If you are getting COMRATS get this done

9. **SERVICE MEMBERS' GROUP LIFE INSURANCE AND FAMILY SERVICE.** The Department of Veterans Affairs has announced a change to Service Members' Group Life Insurance (SGLI) and Family SGLI (FSGLI) rates that is effective 1 July 2006. SGLI premium rates per \$1,000 of coverage will increase 7 cents per month. For example, Sailors covered for the maximum \$400,000 will see their monthly premium increase from \$27 to \$29. Included as part of the \$29 premium is a mandatory \$1 per month charge for traumatic injury protection under SGLI (TSGLI). FSGLI premium rates for all age brackets will see a reduction beginning 1 July 2006, because of "Favorable Claims Experience." Additional information about SGLI and FSGLI rate changes and answers to frequently asked questions are available at <http://www.insurance.va.gov>.

Cheap insurance in my view!

10. **PROFESSIONAL MILITARY KNOWLEDGE TRAINING.** Naval Station Norfolk First Class Petty Officer Association is providing Professional Military Knowledge training in preparation for the September 2006 advancement exams. Training will be held July 26 at 1300 in the Naval Station Norfolk Chapel. These training sessions will continue to be held every other Wednesday until September. Come sit in and get help with studying for advancement. We have more than 30 first class petty officers with a wealth of knowledge on test taking tips and military requirements. We are providing training in a group

setting so please don't hesitate to come. The exams will be here in no time. For more information please contact LN1(SW) Michelle Stallings at <mailto:michelle.stallings@navy.mil> or RP1 Jerry Benson at <mailto:jerry.benson@navy.mil>.

Use your FFSC program

11. **FLEET AND FAMILY SUPPORT CENTER OF HAMPTON ROADS (FFSC)**

a. **CAREER OPTIONS AND NAVY SKILLS EVALUATION PROGRAM (CONSEP)**
MID-CAREER. This four day course is designed to help active duty service members achieve their Navy and, ultimately, civilian career goals. This training emphasizes achieving personal excellence, career and professional development, parallel military/civilian career planning, and personal financial management for mid-career sailors. Registrants should have between 6-12 years of active duty with 18-24 months remaining on their current contract. This workshop will be held 17-20 July, 0800-1630, Norfolk, call 444-2102 to register.

b. **BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS (BEAMS).** Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six session, skill-building program for active duty service members. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies. This workshop will be held 17-26 July, (M & W), 1300-1600, Norfolk, call 444-2102 to register.

c. **SMOOTH MOVE WORKSHOP.** Transferring to a new duty station? This single session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring, and separating military personnel, and their families. This workshop will be held 18 July, 0830-1130, Norfolk, call 444-2102 to register.

d. **THE BASICS OF RETIREMENT PLANNING.** This single session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must, if you are leaving the military. This workshop will be held 19 July, 0830-1000, Norfolk, call 444-2102 to register.

e. **TSP - YOUR KEY TO FINANCIAL INDEPENDENCE.** The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government sponsored savings and investment program to build wealth and achieve financial independence in this ninety minute workshop. This workshop will be held 19 July, 1000-1130, Norfolk, call 444-2102 to register.

f. **SAVI ADVOCATE/POC BASIC TRAINING.** This three day, basic training prepares command SAVI personnel to coordinate training for the crew, fulfill reporting requirements, assist victims, and manage the Advocate program. Who should attend: Command appointed SAVI POC's, Data Collection Coordinators, and SAVI Advocates, approved by the command, who are at least 21 years of age and want to assist victims of sexual assault. This workshop will be held 19-21 July, (W-F), 0800-1600, Little Creek, call 462-7563 to register.

g. **VETERAN'S AFFAIRS DISABILITY BENEFITS REVIEW.** This one day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the

VA, request vocational rehabilitation benefits and training, and complete their VA application for submission. Service members must be within 75 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC. This workshop will be held 20 July, 0730-1600, Little Creek, call 462-7563 to register.

h. PCO/PXO SPOUSES WORKSHOP. This is a one day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together. This workshop will be held 21 & 24 July, (F & M), 0900-1400, Norfolk, call 444-2102 to register.

Answer: c. Reef knot


W. W. CROW
Executive Officer

*Great job to all who were involved
in the softball picnic - a job
well done, is an event enjoyed by
all!!*